

1961

## The Iowa Homemaker vol.41, no.4

Pat Fleming  
*Iowa State College*

Phyllis Lovrien  
*Iowa State College*

Mary McKennan  
*Iowa State College*

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## The Iowa Homemaker vol.41, no.4

### **Authors**

Pat Fleming, Phyllis Lovrien, Mary McKennan, Jan Wheeler, Sharon Sherman, and Mary Ellen Muckenhirn

the iowa  
**homemaker**

November, 1961



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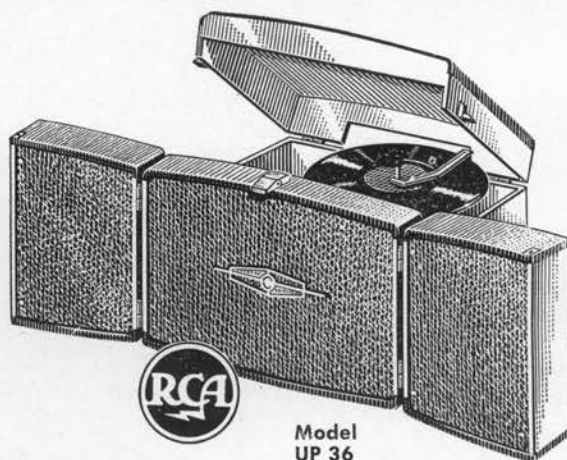


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# the iowa homemaker

November, 1961

Volume XLI, Number 4

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## Woman's Angle

**M**erci, gracias — in any language there's a special way to express appreciation to people who have helped make life better. And in a nation of so many tongues and dialects, Americans substitute for these words a holiday—a fall festival called Thanksgiving.

Its meaning varies as much as the backgrounds of the persons who celebrate this day. To us, as college women, it can provide a break in the routine of the quarter when we have a chance to acknowledge some of the favors which have allowed us to achieve what we have during the years at Iowa State.

In *thanking*, let us not overlook our church—our foundation; our family—our support; our university—our education; our friends—our encouragement.

In *giving*, let us not overlook all that we are capable of contributing as trained home economists and as individuals.

The November issue of the *Homemaker* explores a wide range of topics. It gives an idea of the scope and philosophy of our field. It includes fun holiday suggestions. We hope these features help make your Thanksgiving more enjoyable and meaningful.

MEM

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# Revolution of Lafayette's Favorite Dessert 1784-1961

by Pat Fleming, Diet. 2

When George Washington's mother served Lafayette mint julep with "spiced gingerbread" on his return to America in 1784, a flavor filled the kitchen which was to last for centuries. Mrs. Washington included West India molasses, a wine glass of brandy, and the juice and rind of an orange in addition to the usual gingerbread ingredients.

Through the years, many interesting variations of the spicy cake have been developed, but the old-fashioned "hard" gingerbread in the traditional shape of gingerbread men must rank first on any list of favorites.

## Gingerbread Men

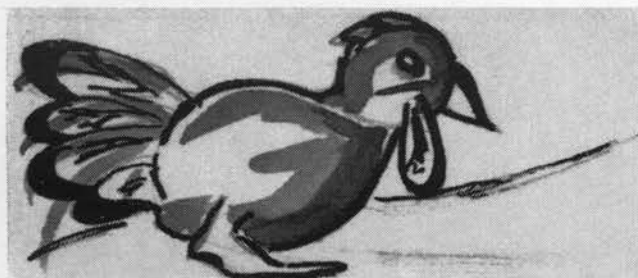
1/2 cup shortening	1/2 teaspoon soda
1/2 cup sugar	1 teaspoon baking powder
1/2 cup unsulphured molasses	1 teaspoon ginger
1 egg	1 1/2 teaspoons cloves
2 1/2 cups sifted all-purpose flour	1 1/2 teaspoons cinnamon
	1/8 teaspoon nutmeg

Cream together shortening, sugar, and unsulphured molasses. Add egg; mix well. Sift together flour, soda, baking powder, ginger, cloves, cinnamon, and nutmeg. Add to molasses mixture; mix well. Chill in refrigerator 1 1/2 hours. Roll out on lightly floured board or pastry cloth. Cut with a 6-inch gingerbread-man cookie cutter. Bake in moderate oven (350° F.) 10 to 12 minutes. YIELD: 1 1/2 dozen.

From a basic "soft" gingerbread batter you can create centers of attraction for any occasion. Divide the batter of any cake-like gingerbread recipe into a 9-inch round pan and a 6-inch round pan. Make a recipe of seven-minute frosting. Then use these ideas — and your own — to fit the season.

### Frosty the Gingerbread Man

Place the 9-inch and 7-inch layers adjacent to one another. Frost. Decorate with gumdrops, licorice, cinnamon, candies, raisins, and peppermint sticks.



### Santa Claus

Cut a corner off the small gingerbread layer to make a hat. Use the larger layer for Santa's body and the smaller for his head. Place the cut side of the small layer next to the larger. Fix Santa's hat at a slant on the head. Tint part of the frosting red. Frost Santa with this red portion on his hat and body. Use white frosting for his face, fur trim on his suit, and for his arm outline. Decorate his face with peppermint sticks. Use licorice for buttons.

And if you aren't in the midst of a special season but still have a yen for gingerbread, here are some ways to modernize the basic "soft" recipe.

### Ginger Cake Apple Fluff

Prepare gingerbread as directed. Serve gingerbread warm with apple fluff sauce.

**Apple Fluff Sauce:** Beat 1 cup whipping cream until thick. Fold in  $\frac{1}{2}$  cup sifted confectioner's sugar, 2 tablespoons lemon juice, and 1 cup sweetened thick applesauce. Chill thoroughly.

### Cheese-Topped Gingerbread

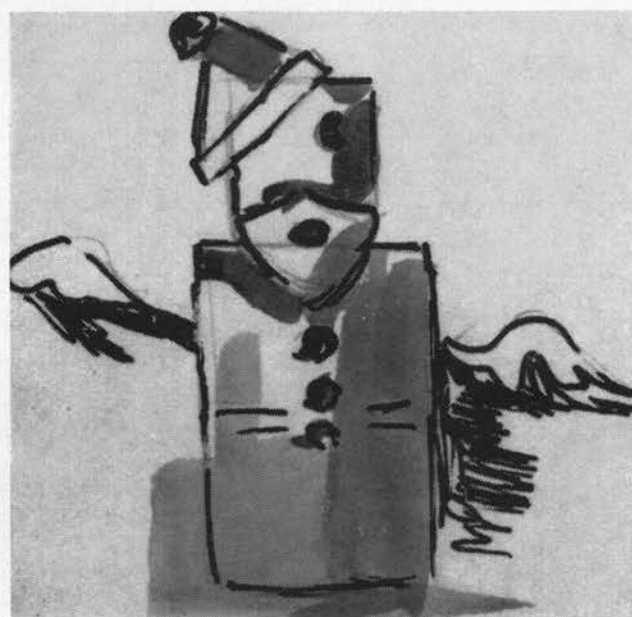
Bake gingerbread in cup cake forms. When baked, cover with cream cheese whip.

**Cream Cheese Whip:** Stir milk into one 3-ounce package of cream cheese until of desired consistency. Whip until light and creamy. Serve at once.



### Gingerbread Turkey

Use the larger layer for the body. Cut a one-inch circle from the outer edge of the smaller layer. Connect a part of this piece as a neck, and attach the inner circle for the head. Frost with white or tinted frosting. Add construction-paper details, or use candy to complete your Thanksgiving desert.



### Crunchy-top Gingerbread

Bake gingerbread as directed. Sprinkle with crunchy topping. Bake 10 minutes more.

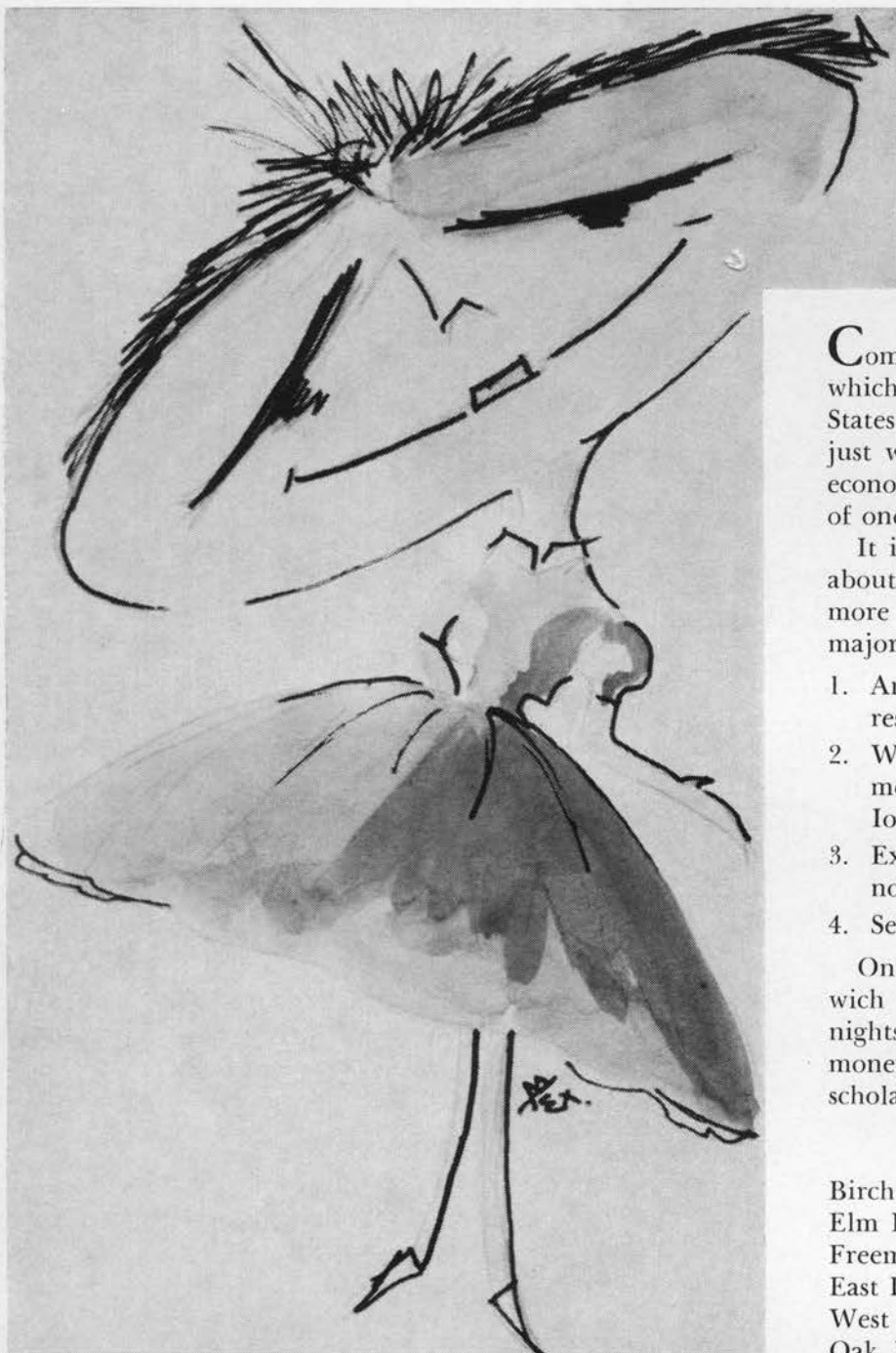
**Crunchy Topping:** Combine  $\frac{1}{4}$  cup brown sugar, 2 tablespoons flour, 2 tbsp. butter or margarine, dash salt, 1 teaspoon cinnamon, and  $\frac{1}{2}$  cup broken California walnuts. Mix thoroughly.

### Ginger-peach Squares

Bake gingerbread as directed. Cut warm gingerbread in squares. Top each square with a scoop of vanilla ice cream. Serve with warm maple-peach sauce.

**Maple-Peach Sauce:** Combine and heat  $2\frac{1}{2}$  cups sliced peaches, drained, and  $\frac{1}{2}$  cup maple-flavored syrup.





## Lamplighters Show the Way

Comparable to the Central Intelligence Agency which finds out just what's going on in the United States is a campus organization which finds out just what's going on within the college of home economics — the Lamplighters. The group consists of one representative from each residence.

It is her responsibility to inform her residence about home economics activities and encourage a more active participation among home economics majors. Some of her duties include:

1. Announcing club departmental meetings to her residence.
2. Working with the Home Economics Recruitment Committee when high school girls visit Iowa State.
3. Explaining some of the projects of Home Economics Council to her residence.
4. Selling home economics clubs' memberships.

One of the Lamplighters' other activities is sandwich sales during winter quarter. On Sunday nights you will see them around the halls earning money in this way to provide funds for the two scholarships which they offer annually.

### MEET YOUR LAMPLIGHTER:

Birch Hall .....	Betty Schnieder
Elm Hall .....	Julie Dunham
Freeman Hall .....	Edith Lynch
East Linden .....	Jane Weber
West Linden .....	Carole Ketelsen
Oak Hall .....	ViVian Gatch
Roberts Hall .....	Elaine Fuller
Welch Hall .....	Grace McKim
Alpha Chi Omega .....	Bev Drahash
Alpha Delta Pi .....	Mary Miller
Alpha Gamma Delta .....	Jo Thompson
Chi Omega .....	Karen Rogness
Delta Delta Delta .....	Jane Parker
Delta Zeta .....	Mary Jo Newland
Gamma Phi Beta .....	Karen Waggoner
Kappa Alpha Theta .....	Heather Humphreys
Kappa Delta .....	Diane Houser
Kappa Kappa Gamma .....	Barb Elwood
Pi Beta Phi .....	Bev Boatsman
Sigma Kappa .....	Phyl Nissen
Lamplighter Chrm. ....	Connie Schumacher
Faculty Adviser .....	Miss Elizabeth Verney

### Coming Events:

- Food and Nutrition
  - Dec. 5 Faculty-Student Christmas party
- Home Economics Education
  - Election supper in Feb.
- Institution Management
  - Dec. 5 Banquet
  - Feb. 1 Assembly of the Newsletter
- Textiles and Clothing
  - Dec. 12 Style Review
  - Dec. 21 Best-Dressed contest elections
- Home Economics Council
  - Dec. 7 "Christmas Ideas" with June Brown and her display from the Dairy Cattle Congress





Members of the Home Economics Recruitment Committee who inform high school girls of opportunities in home economics and the curriculum at Iowa State University are front row (left to right) Sandy Hart, C. D. 4; Jan Hutchinson, H. Ed. 4; Jullia Faltinson, adviser; Karen Amling, H. Ed. 2; Beth Allen, Ex. F. 4; Marti Lewis, H. Ed. 3; and back row (left to right) Mary Miller, H. Ed. 2; Jan Ryb, H. Ed. 3; Melinda Hawkins, A. A. Ed. 3, (art chairman); Sue Countryman, H. Ed. 2; and Phyllis Lovrien, Ex. F. 3, (chairman). Nancy Center, A. A. 4, wasn't present for the picture.

# Perpetuating the Profession

by Phyllis Lovrien, Ex. F. 3

Fall quarter is nearly at an end, and most of us can look back on it as being a very profitable one. This is certainly true of Home Economics Recruitment Committee. In case you're wondering just what Home Economics Recruitment is, we are a committee of girls, a branch of Home Economics Council, whose main purpose is to promote home economics as a field of study and to interest and inform people of the many opportunities in home economics. Our program is divided into two main parts—the week-ends program and our off-campus program.

We began our year in September by going to the Des Moines high schools, where we presented assemblies to about four thousand students. Our second big off-campus program was at Sioux City. We gave assemblies at Central High, East, Leeds, and Riverside, as well as Morningside College. Recruitment also had the opportunity to give a short television appearance in Sioux City.

Our adviser, Miss Faltinson, assistant dean of home economics, accompanies us on our trips to high schools around the state. In our programs, we use as many visual aids as possible, often including a chalk talk or skit to portray the many different fields of home economics, the core curriculum, and career opportunities. We leave informational materials on home economics with

the counselors of the high schools. This helps all girls interested to find out more about home economics.

In our week-ends program, which is right here on campus, we invite girls to stay with us for a week-end. During this time, with the able help of the Lamplighters, we house as many as sixty girls at a time, take them on tours of the home economics building and the campus, and let them sit in on classes. These visiting gals come from all over the country, although the majority are from Iowa. Thus far, we've had a group of about forty from Albert Lea, Minnesota, and approximately that many on a 4-H trip from the Waterloo area. Also, we've had girls coming alone from Pennsylvania and Illinois.

On our agenda for the very near future is a career-day program for Ames High and an assembly for visiting Future Teachers of America. We are also looking forward to a television program in Des Moines, coming up in January.

We are looking even farther ahead. One of our objectives is to reach as many adults as possible since it is often parents or teachers who are a determining factor in a girl's choice of college study.

We hope through our work to bring people to recognize the potential and the satisfactions which come from being associated with the home economics profession.

# more faculty faces

By Mary McKennan, H. JI. 3

This month we announce five more of the new home economics faculty members. These women represent the diversity of educational and professional backgrounds found among members of the staff.

Three are new to the Iowa State campus; the others have done graduate work here.

A graduate of the University of Georgia, NANCY HAILEY received a teaching assistantship at Iowa State in 1960. Her graduate research has been focused on patterns of preadolescent friendships.

Originally from Athens, Georgia, Miss Hailey is now a winter sports enthusiast — particularly likes ice-skating and skiing. She has traveled extensively throughout the United States and has toured Europe, Canada, and Mexico.

In addition to work at the child development nursery school, Miss Hailey will be teaching courses in play and play materials, group work with children, and nursery education.

Formerly from the Michigan Upper Peninsula, RUTH NICKEL combined studies in food and nutrition at St. Mary's College, Notre Dame, Indiana, with graduate work in institution management at the University of Wisconsin; she has taught hospital courses in diet therapy, infant nutrition, and foods, as well as personnel management, large-quantity equipment, and food purchasing. Her dietetics internship was served at Chicago's Michael Reese Hospital, after which she worked as a hospital dietician in Houston, Texas.

Miss Nickel was the therapeutic dietician, head of the Food Administration, and then assistant director of the Department of Dietetics at St. Mary's Hospital in Rochester, Minnesota.

Mrs. LOUISE SWENSON'S interest in traveling is illustrated by a summer touring Europe and two years living in French Morocco.

A home economics graduate with her B.S. in education and her M.S. in clothing and textiles, Mrs. Swenson attended Kansas State University and the Norfolk, Virginia, Division of the College of William and Mary. She taught in the Norfolk public schools before coming to Iowa State. She completed her graduate studies at the University of Illinois.

Special interests range from crafts to flower gardening, and she is currently decorating a new home in Ames. Mrs. Swenson will be teaching clothing selection, beginning textiles, and tailoring classes this year.

Miss EVELYN BURLEIGH, a new instructor in the textiles and clothing department, recently received her M.S. degree at Iowa State. She graduated with a home economics education major from the University of Southwestern Louisiana; graduate studies were in the area of textiles and clothing. She will teach pattern-making and clothing construction.

A graduate of Regis College in Massachusetts, Mrs. JOSEPHINE ROSAUER came to Iowa State from the University of Connecticut, where she was an instructor and supervisor of the nursery school. Her graduate studies focused on the use of measuring scales for studying growth and development of infants.



Miss Hailey



Miss Nickel



Mrs. Swenson



Miss Burleigh



Mrs. Kosauer

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*Bruce-Ross*  
*by the campus*



# UNIQUELY YOURS.

by Jan Wheeler, H. JI. 1

Did you ever have that feeling that the Christmas cards you sent all had the wrong addresses on them and were being returned — and actually, it was just that your friends had chosen the same box of greetings as you had — and you were receiving the same type that you had mailed?

If you begin now, there's no worry about that situation being a repeat performance this year. Try your hand at creating original salutations and saying "Season's Greetings" in a unique way.

To begin, you'll need plain cards with matching envelopes. These can be made from construction paper or purchased from a stationer's or variety store.

The medium of decoration is the next item to choose. An unusual effect can be achieved by using felt and burlap, one material for the background on construction paper, the other for a striking silhouette. For example, place a reindeer of burlap on a felt ground; or cut the Three Kings from felt, and put them on a burlap field. Dress the cards up

with glitter if desired.

Metallic paints will let your originality really "shine." Stencil the golden star of Bethlehem high in one corner of an oblong card, give it a shimmering ray with a sponge dipped in gilt, and dust with gold glitter while the paint is still wet. Another idea is to stencil a bright red and green sprig of holly or a package with a jaunty bow on your basic card. Follow this by sprinkling it with glitter.

Not to be neglected are the reliable construction paper cut-outs pasted on a background of heavy paper. Cut-outs can also be from a wide assortment of foil papers.

For the more adventurous artists, an imaginative linear ink drawing would be impressive. India ink can now be purchased in many colors and can easily be combined with other mediums.

With the outer greeting completed, a friendly, personal note in each card extends the spirit you feel as this fast-approaching season of good will arrives.

*Satin Pumps*

*any color  
tinted free*



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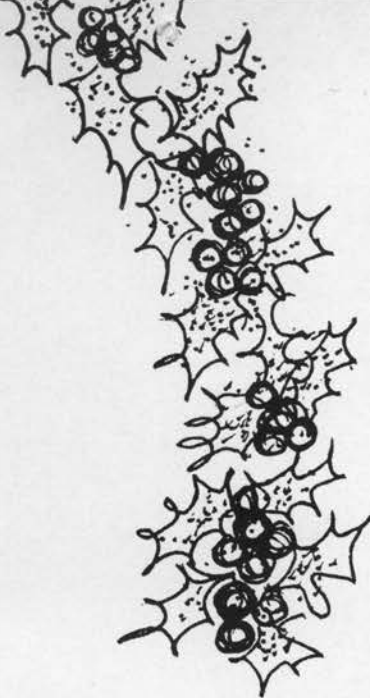
*Schiff's*

313 Main

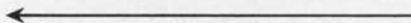
Ames







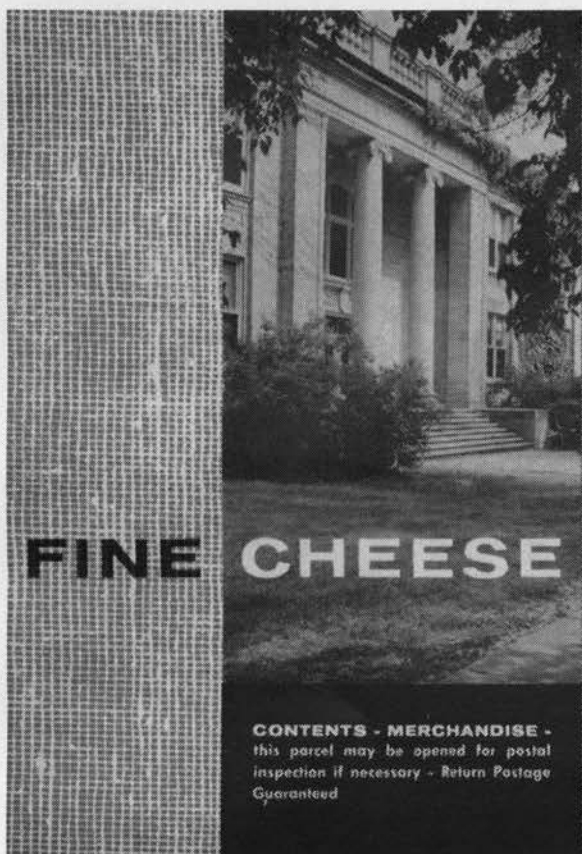
Cheery red and green sprigs of holly that you can paint with metallic paints and then sprinkle with sparkling glitter can lend special warmth to the seasons' greetings you send this year.



A linear ink drawing in colored India ink or black can give your Christmas card the distinction of being hand-made. Here black ink outlines the Christ Child and the Virgin Mary.



## SOMETHING NEW FOR CHRISTMAS



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Checking different frypans for heat conductivity patterns, safety, and satisfactory use in Household Equipment 208 lab are (left to right) Judy Speake, Judy Jameson, Nita Hauser, and Judy Hughes.

## *From Blenders to Hair Dryers*

by Sharon Sherman, C. D. 2

Toaster, portable mixer, coffeemaker, waffle iron, blender, rotisserie — this sounds like a bride-to-be doing a little wishful thinking. Actually, they are part of the list of appliances studied in Household Equipment 208, Small Equipment.

In addition to the items listed above, the course deals with small motor-driven appliances such as floor scrubbers, waxers, and vacuum cleaners. Though this may seem like a lot to cover in a class which meets six hours each week for four credits, the scope does not end here. Among other tools investigated are saucepans, frypans, electric blankets, hair dryers, and sewing machines.

The basic objective of this course is to learn to use small equipment efficiently and safely and to become a better judge of equipment from the standpoint of construction and performance.

A typical day in the lab might include a demonstration of a hair dryer by one of the girls and a class discussion comparing the brand demonstrated with other familiar brands. Advantages and disadvantages are pointed out, and special features are noted and analyzed to see if they are worth the added cost to the homemaker.

Demonstrations of this type, however, are a side-light to regular class procedure, which centers

around actual experience with the items being studied. For example, at the beginning of class the students may be given a check-list for evaluating an appliance. On a day when deep-fat fryers are to be checked, this list would include electrical specifications, construction, safety devices, convenience, efficiency, performance, and the ease of cleaning. With these characteristics in mind, the girls put the appliances through practical tests. Making doughnuts, onion rings, and potato chips might be some good tests on the deep-fat fryer. Class discussion following this helps girls share their experiences with the entire class.

Shopping tours, preparation of a meal using small equipment only, and other lab experiences give students a chance to apply some of the principles they learn.

Because the basis of this course is practical, it attracts girls from various fields. It is useful when you come to setting up your own household. It can be used when you are called upon to explain the equipment in teaching. It helps you to become more discriminating in your purchase of any item. If you have an elective and don't know how to fill it, it might be that H.Eq. 208 would fit into your schedule.



# stereotype has changed— is it accurate?

by Mary Ellen Muckenhirn, H. Ed. 4

Did you know you were featured in the September issue of *Mademoiselle*? Perhaps in the confusion of cramming into your car the necessities of life for fall quarter at Iowa State, you missed reading "Young Tycoons of Kitchenland: Home Economists in Business."

As prospective or present members of the home economics profession, we are always looking for publicity for our field — publicity in the best sense of the word — that which will give home economics the respect we have for it.

At first we felt that in changing the concept of the old-style home economist who is dressed in a uniform and dedicated to getting people fed and clothed to a more appealing figure — that of a dynamic woman in the business world — that we would attain the prestige we desired.

BUT HAVE WE GIVEN THE WRONG IMPRESSION?

Mary Anne Guitar, a well-known and competent journalist, portrayed the picture she, and many others, sees of members of the home economics profession of today. Some people accepted this impression — *Mademoiselle* magazine printed the article she wrote. Some people disagreed with her — Dorothy Lyle, president of the American Home Economics Association, wrote a letter of retaliation to the magazine.

Whether or not we accept the article, there is a point to be considered. Is this the picture we intended to give to people?

Miss Guitar states, among other things, that "the homemaker and the home economist now share, as often as not, the same sort of antidomestic philosophy." "Home economics is moving away from the stove into the tough, unginghamed territory of business. Public relations firms, newspapers and magazines, food manufacturers, utilities and appliance companies have discovered that the best way to a woman's household kitty is through another woman."

Farther on, she says, "... one wonders what happened to the old-style home economist who thought her job was to see that the populace was well fed and that people got their money's worth when shopping." Home economics is a profession "which more and more is committed to serving business, not the public."

"The student is rarely asked to decide which products are the better buy and for what reasons." "And teachers, too, could be selective, instead of uncritically using the free material which inundates them."

Miss Guitar ends the article, which has described many home economists at work by saying, "It is unfortunate that she doesn't always realize there is more than one way to accomplish this end," (that of gaining respect for the field).

Back came the protest from AHEA: "It is unfortunate that an article which represents so much effort on the part of the writer and your staff, and which will reach a wide audience of young people, should be colored by an editorial bias that distorts facts and draws generalizations of an unwarranted nature. The profession of home economics includes about 80,000 employed women... How

(Continued on next page)



many of these women were interviewed by your writer to provide justification for a statement... (such as the ones above) ... These are statements which reflect on the integrity of our entire profession."

And so the issue of what really *is* the home economist and what is her philosophy comes up again. WHAT ARE WE TRYING TO PROVE? and WHAT IS OUR PURPOSE? are two questions that have not been answered to the satisfaction of even the most informed laymen. Perhaps this indicates some of the work left to be done by those now in the field.

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congratulations,  
good luck, and  
happy holidays.*



Engraving — Gift Wrapping

## Weaver's Jewelry

Between the theaters on L-Way



---

from a political forum



Tom Harkin, Govt. 4, presenting his views at a joint meeting of the Young Democrats, the Young Republicans and the Iowa State Debaters.

to an evening of entertainment



The Theta Katers, 1961 Varieties girls, dancing before the skits.

Books and Coffee – November 30

News Forum – December 1

Bridge Lessons – December 6

Dance Lessons – December 8

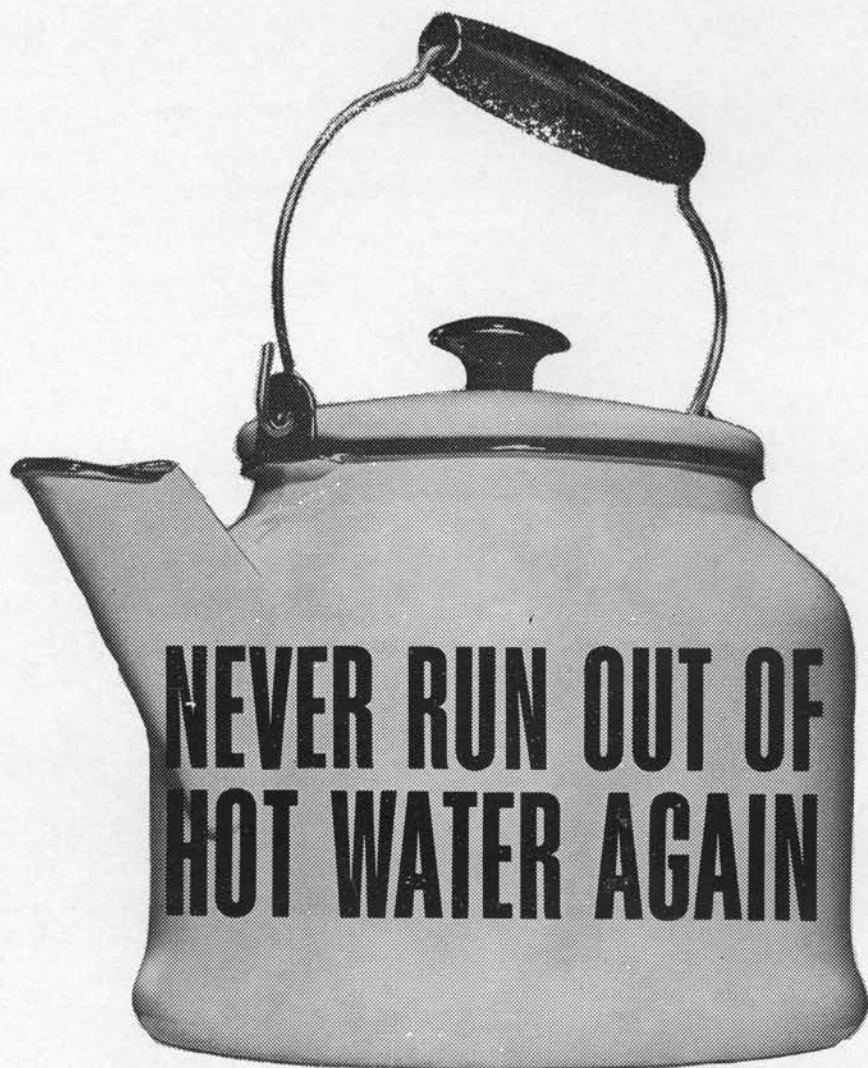
Varieties – January 5

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